

CASCADE SWIM & DIVE

	Date	Swim	Dive
Mon	11/17/2025	Kamiak 4:30-6 PM	Mariner 3-5
Tue	11/18/2025	Kamiak 4:30-6 PM	Mariner 3-5
Wed	11/19/2025	Kamiak 4:30-6 PM	Mariner 3-5
Thu	11/20/2025	Kamiak 4:30-6 PM	Mariner 3-5
Fri	11/21/2025	Kamiak 3-4:30 PM	Mariner 1:15-3:15
Sat	11/22/2025		
Mon	11/24/2025	YMCA 2:30-4:15 pm	Mariner 3-5
Tue	11/25/2025	YMCA 2:30-4:15 pm	Mariner 3-5
Wed	11/26/2025	YMCA 2:30-4:15 pm	Mariner 3-5
Thu	11/27/2025	Thanksgiving Day	Thanksgiving Day
Fri	11/28/2025	Ult. Fribees @ 10 am	Mariner TBA
Sat	11/29/2025		
Mon	12/1/2025	Kamiak 4:30-6 PM	Mariner 3-5
Tue	12/2/2025	Kamiak 4:30-6 PM	Mariner 3-5
Wed	12/3/2025	Kamiak 4:30-6 PM	Mariner 3-5
Thu	12/4/2025	at Stanwood	Mariner 3-5
Fri	12/5/2025	Kamiak 3-4:30 PM	Mariner 1:15-3:15
Sat	12/6/2025		
Mon	12/8/2025	YMCA 2:30-4:15 pm	Mariner 3-5
Tue	12/9/2025	v. MPG	Mariner 3-5
Wed	12/10/2025	YMCA 2:30-4:15 pm	Mariner 3-5
Thu	12/11/2025	at Lake Stevens	Mariner 3-5
Fri	12/12/2025	YMCA 2:30-4:15 pm	Mariner 1:15-3:15
Sat	12/13/2025		
Mon	12/15/2025	Kamiak 4:30-6 PM	Mariner 3-5
Tue	12/16/2025	v. Monroe	Mariner 3-5
Wed	12/17/2025	Kamiak 4:30-6 PM	Mariner 3-5
Thu	12/18/2025	Kamiak 4:30-6 PM	Mariner 3-5
Fri	12/19/2025	Kamiak 3-4:30 PM	Mariner 1:15-3:15
Sat	12/20/2025		
Mon	12/22/2025	Kamiak 10-11:30 AM	Mariner TBA
Tue	12/23/2025	Kamiak 10-11:30 AM	Mariner TBA
Wed	12/24/2025	Kamiak 10-11:30 AM	Mariner TBA
Thu	12/25/2025	Christmas Day	Christmas Day
Fri	12/26/2025	No Practice	Mariner TBA
Sat	12/27/2025		
Mon	12/29/2025	YMCA 2:30-4:15 PM	Mariner TBA
Tue	12/30/2025	YMCA 2:30-4:15 PM	Mariner TBA
Wed	12/31/2025	YMCA 2:30-4:15 PM	Mariner TBA
Thu	1/1/2026	New Years's Day	No Practice
Fri	1/2/2026	YMCA 2:30-4:15 PM	Mariner TBA
Sat	1/3/2026		
Mon	1/5/2026	YMCA 2:30-4:15 pm	Mariner 3-5
Tue	1/6/2026	v. SW	Mariner 3-5
Wed	1/7/2026	YMCA 2:30-4:15 pm	Mariner 3-5
Thu	1/8/2026	YMCA 2:30-4:15 pm	Mariner 3-5

Fri	1/9/2026	YMCA 2:30-4:15 pm	<i>Mariner 1:15-3:15</i>
Sat	1/10/2026	Kentridge Invite, KCAC	
Mon	1/12/2026	Kamiak 4:30-6 PM	<i>Mariner 3-5</i>
Tue	1/13/2026	v. Kamiak	<i>Mariner 3-5</i>
Wed	1/14/2026	Kamiak 4:30-6 PM	<i>Mariner 3-5</i>
Thu	1/15/2026	at ABM	<i>Mariner 3-5</i>
Fri	1/16/2026	Kamiak 3-4:30 PM	<i>Mariner 1:15-3:15</i>
Sat	1/17/2026		<i>11- Dive Meet</i>
Mon	1/19/2026	YMCA 2:30-4:15 pm (MLK)	<i>Mariner 3-5</i>
Tue	1/20/2026	v. Lynnwood	<i>Mariner 3-5</i>
Wed	1/21/2026	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Thu	1/22/2026	v. SGP	<i>Mariner 3-5</i>
Fri	1/23/2026	YMCA 2:30-4:15 pm	<i>Mariner 1:15-3:15</i>
Sat	1/24/2026		<i>11- Dive Meet</i>
Mon	1/26/2026	Kamiak 4:30-6 PM	<i>Mariner 3-5</i>
Tue	1/27/2026	Kamiak 5-6 PM*	<i>Mariner 3-5</i>
Wed	1/28/2026	Kamiak 4:30-6 PM	<i>Mariner 3-5</i>
Thu	1/29/2026	at Mariner, Everett (Kam)	<i>Mariner 3-5</i>
Fri	1/30/2026	Kamiak 3-4:30 PM	<i>Mariner 1:15-3:15</i>
Sat	1/31/2026		<i>11- Dive Meet</i>
Mon	2/2/2026	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Tue	2/3/2026	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Wed	2/4/2026	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Thu	2/5/2026	JV Champs	<i>Mariner 3-5</i>
Fri	2/6/2026	YMCA 2:30-4:15 pm	<i>Mariner 1:15-3:15</i>
Sat	2/7/2026		
Mon	2/9/2026	Kamiak 4:30-6 PM	<i>Mariner 3-5</i>
Tue	2/10/2026	Kamiak 4:30-6 PM	<i>Mariner 3-5</i>
Wed	2/11/2026	Kamiak 4:30-6 PM	<i>Dist Dive Prelims</i>
Thu	2/12/2026	District Prelims	<i>Mariner 3-5</i>
Fri	2/13/2026	YMCA 2:30-4:15 pm	<i>Mariner 1:15-3:15</i>
Sat	2/14/2026	District Finals	<i>Dist Dive Finals</i>
Mon	16-Feb	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Tue	17-Feb	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Wed	2/18/2026	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Thu	2/19/2026	YMCA 2:30-4:15 pm	<i>Mariner 3-5</i>
Fri	2/20/2026	State at KCAC	<i>State at KCAC</i>
Sat	2/21/2026	State at KCAC	<i>State at KCAC</i>